

Diet - liver disease

Definition

person with liver disease must eat a special diet. This diet is protects the liver from working too hard and helps it to function as well as possible.

Changing the diet may aid the liver in working more efficiently.

Proteins normally help the body with tissue repair. They also prevent fatty buildup and damage to the liver cells. In people with severely damaged livers, these proteins are not properly processed. Waste products that are poisonous to the body may build up and affect the brain. In this case, protein may be restricted. Increasing carbohydrates in the diet helps reserve enough glycogen. The body stores carbohydrate in the form of glycogen. Carbohydrates should be the major source of calories for people with liver disease. Fluid buildup and swelling in the liver may be worsened by salt intake because salt holds on to water in the body.



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Most people with liver disease will need to restrict sodium. Low blood count, nerve problems, and nutritional deficiencies may be treated with drugs and vitamin supplementation.

Recommendations

The dietary recommendations may vary somewhat depending on how well a person's liver is working. It is very important to be under the care of a doctor. Malnutrition can lead to serious problems.

In general, recommendations include:

- Large amounts of carbohydrate foods. Carbohydrates should be the major source of calories in this diet.

Special points of interest:

- * Diet-Liver disease definition.
- * Changing diet aid liver to work more efficiently .
- * Recommendations .
- * Sample menu

Inside this issue:

- Diet-Liver disease.
- Allergic Rhinitis.



- Moderate intake of fat, The increased carbohydrate and fat help in preserving the protein in the body and preventing protein breakdown.
- About 1 gram of protein per kilogram of body weight. A 70-kilogram man (154 pounds) needs 70 grams. This does not include the protein from starches and vegetables. A person with a severely damaged liver may be on protein restriction. This person may be limited to small quantities of special nutritional supplements.
- Vitamin supplements, especially B-complex.
- Sodium restriction if fluid retention is present.

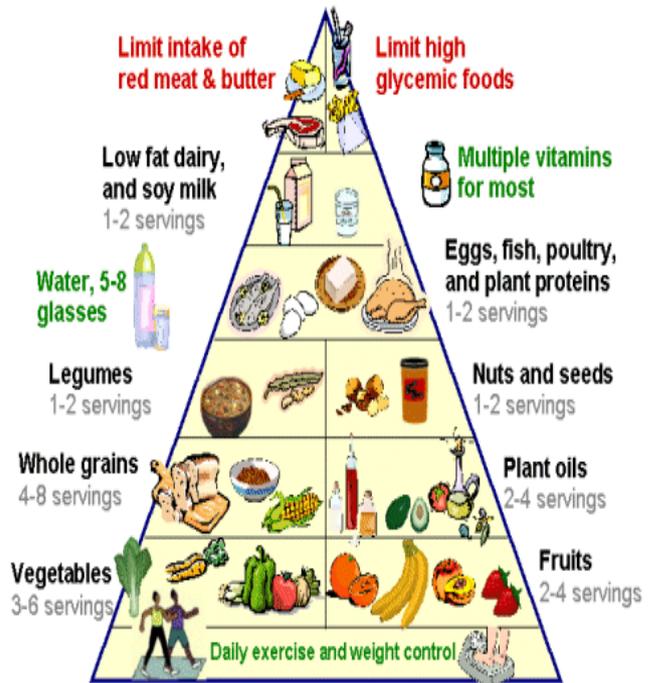
SAMPLE MENU

Breakfast

- 1 orange.
- Cooked oatmeal, with milk and sugar.
- 1 slice of whole-wheat toast.
- 2 teaspoons of margarine.
- Strawberry jam.
- Coffee or tea.

Lunch

- 4 ounces of cooked lean fish, poultry, or meat.
- cooked vegetable.
- Salad.
- 2 slices of whole-grain bread.
- Fresh fruit.
- starch item (such as potatoes).
- 2 teaspoons of margarine.
- Milk.



Dinner

- 4 ounces of cooked fish, poultry, or meat
- Starch item (such as potatoes)
- cooked vegetable
- Salad
- 8 ounces of milk
- Fresh fruit or dessert
- 2 whole-grain rolls
- 2 tablespoons of margarine

Reference:

1. DeLegge MH. Nutrition in gastrointestinal diseases. In: Feldman M, Friedman LS, Brandt LJ, eds. *Sleisenger & Fordtran's Gastrointestinal and Liver Disease*. 8th ed. Philadelphia, Pa: Saunders Elsevier; 2006: chap 16.



Allergic rhinitis

Alternative Names :Hay fever; Nasal allergies.

Definition

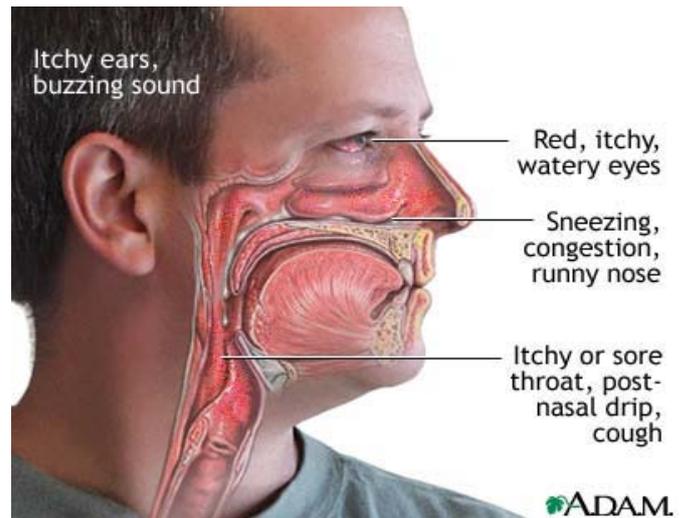
Allergic rhinitis is a collection of symptoms, mostly in the nose and eyes, which occur when you breathe in something you are allergic to, such as dust, dander, or pollen. When these symptoms are caused by plant pollen, the allergic rhinitis is commonly called hay fever.

Causes

An allergen is something that triggers an allergy. When a person with allergic rhinitis breathes in an allergen such as pollen or dust, the body releases chemicals, including histamine. This causes allergy symptoms such as itching, swelling, and mucus production. Hay fever involves an allergic reaction to pollen. (A similar reaction occurs with allergy to mold, animal dander, dust, and similar inhaled allergens.)

Symptoms

- [Coughing](#) .
- Headache.
- Sneezing.
- Sore throat.
- Stuffy nose.
- Tearing eyes.
- Smell Problems.
- Itching nose, mouth, eyes, throat, skin.



Treatment

The best treatment is to avoid what causes your allergic symptoms in the first place. It may be impossible to completely avoid all your triggers, but you can often take steps to reduce exposure. Treatments for allergic rhinitis include:

- **ANTIHISTAMINES** taken by mouth can relieve mild to moderate symptoms. These medications include fexofenadine, and cetirizine. Azelastine is an antihistamine nasal spray that is used to treat allergic rhinitis.
- **CORTICOSTEROIDS** Nasal corticosteroid sprays are the most effective treatment for allergic rhinitis. They work best when used nonstop, but they can also be helpful when used for shorter periods of time.
- **DECONGESTANTS** may also be helpful in reducing symptoms such as nasal congestion. Nasal spray decongestants should not be used for more than 3 days.

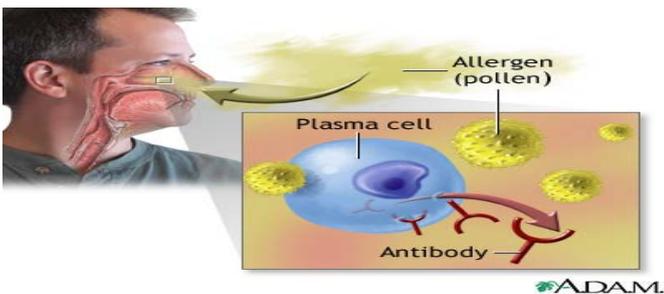
OTHER TREATMENTS The leukotriene inhibitor Singulair is a prescription medicine approved to help control asthma and to help relieve the symptoms of seasonal allergies. Saline nasal washes, used alone or along with medications, may also be helpful.

Prevention Symptoms can sometimes be prevented by avoiding known allergens. For people who are sensitive to certain indoor allergens, dust mite covers for mattresses and pillowcases are recommended, as well as avoiding culprit pets or other triggers.

Allergies are common. Your genes and environmental may make you more prone to allergies, Whether or not you are likely to develop allergies is often passed down through families. If both your parents have allergies, you are likely to have allergies. The chance is greater if your mother has allergies.

References

1. Wallace DV, Dykewicz MS, Bernstein DI, Blessing-Moore J, Cox L, Khan DA, et al. The diagnosis and management of rhinitis: an updated practice parameter. *J Allergy Clin Immunol.* 2008 ;122(2).
2. Jen A, Baroody F, de Tineo M, Haney L, Blair C, Naclerio R. As-needed use of fluticasone propionate nasal spray reduces symptoms of seasonal allergic rhinitis. *J Allergy Clin Immunol.* 2000 Apr:105



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